

Fit India – Sundays on Cycle Organised at Matunga and Kharghar to Promote Fitness and Cycling Culture

Cycling Rally Under Fit India Movement Witnesses Enthusiastic Participation Across Mumbai Locations

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In alignment with the vision of the Government of India's flagship Fit India Movement, the 74th edition of "Fit India – Sundays on Cycle" was successfully organised on May 17, 2026 by Sports Authority of India Regional Centre Mumbai in collaboration with Central GST & Customs formations at two prominent locations — Customs Quarters, Five Gardens, Matunga and Kendriya GST Parisar (KGST Parisar), Kharghar.



The initiative aimed to promote fitness, cycling culture and community participation under the message "Fitness Ka Dose, Aadha Ghanta Roz." The event witnessed enthusiastic participation from officers, departmental staff, fitness enthusiasts, cycling groups and residents from departmental quarters, reflecting the spirit of Jan Bhagidari and healthy living.

At the Matunga venue, Smt. Prachi Saroop, Principal Chief Commissioner, CGST & Customs, Mumbai Zone, graced the occasion as Chief Guest. Senior IRS officers and departmental staff actively participated in the cycling rally and extended wholehearted support to the Fit India Movement.



Simultaneously, the Kharghar edition at KGST Parisar was organised under the guidance of Shri Akhilesh Pandey, Commissioner, GST Thane. Shri Pankaj Kumar Singh, Ms. Sumidha Devi and Shri Raghu Kiran also extended valuable support towards the successful organisation of the event.

The programme commenced with an energetic Zumba warm-up session followed by a cycling rally, creating an atmosphere of enthusiasm and wellness. Women, children and senior family members enthusiastically joined the activities, highlighting the inclusive and community-driven nature of the Fit India campaign.



Through the successful conduct of the programme at both venues, SAI RC Mumbai and CGST & Customs reaffirmed their commitment towards building a healthier, fitter and more active India by encouraging citizens to adopt cycling and regular physical activity as part of daily life.

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